

IDAHO CONTENT STANDARDS
GRADE 3-4
PHYSICAL EDUCATION

Standard 1: Skilled Movement

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 1.1: Demonstrate competency in motor skills and movement patterns needed in a variety of physical activities.	3-4.PE.1.1.1 Demonstrate refined fundamental patterns.	3-4.PE.1.1.2 Demonstrate and identify movements using concepts of effort, relationships, and body and space awareness (directionality, kinesthetic and temporal).	3-4.PE.1.1.3 Demonstrate skillful combinations of movements in complex environments.	3-4.PE.1.1.4 Demonstrate some specialized skills.		

Standard 2: Movement Knowledge

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 2.1: Demonstrate understanding movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.	3-4.PE.2.1.1 Apply critical elements to improve performance of movement in single and complex movement situations.	3-4.PE.2.1.2 Use critical elements to improve others’ performance of movement.	3-4.PE.2.1.3 Identify and understand that appropriate practice improves performance.			

Standard 3: Physically Active Lifestyle

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 3.1: Participate daily in physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	3-4.PE.3.1.1 Choose to participate daily in physical activities for the purpose of improving skill and health. (Recommended by NASPE: At least 60 minutes and up to 2 hours per day with several bouts of physical activity lasting 15 minutes.)	3-4.PE.3.1.2 Identify moderate to vigorous activities that provide personal/social pleasure, self-expression and challenge.	3-4.PE.3.1.3 Identify activities that you can participate in associated with each component of health related activities.			

Standard 4: Personal Fitness

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 4.1: Achieve and maintain a health enhancing level of fitness.	3-4.PE.4.1.1 Identify and engage in several activities related to improving each component of physical fitness.	3-4.PE.4.1.2 Associate results of fitness testing to personal health status and ability to perform various activities.	3-4.PE.4.1.3 Set and achieve personal fitness goals.			

Standard 5: Personal and Social Responsibility

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 5.1: Exhibit responsible and social behavior that respects self and others in physical activity settings.	3-4.PE.5.1.1 Apply teacher rules, procedures and safe practices with little or no reinforcement.	3-4.PE.5.1.2 Work independently and on task for short periods of time.	3-4.PE.5.1.3 Work cooperatively in a small group to complete tasks.	3-4.PE.5.1.4 Recognize and support differences in self and others.	3-4.PE.5.1.5 Participate in games, activities and dances from other cultures.	3-4.PE.5.1.6 Demonstrate appropriate problem solving strategies.